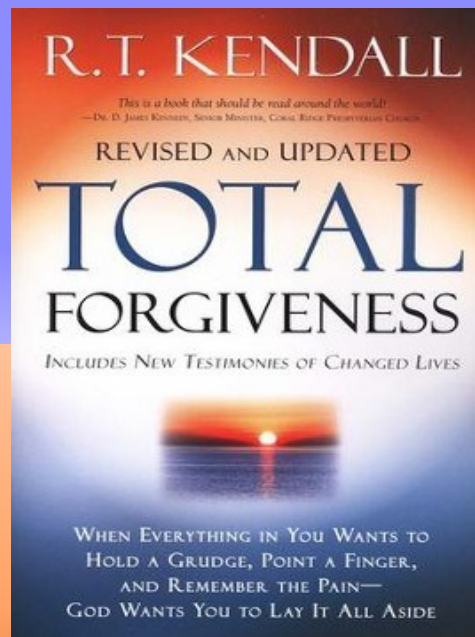




Spring Life Group



Wednesdays at 6:30pm in Room 8
Led by Pastor Dave
Copies of the book can be purchased on Amazon.com

Let's Get Connected!

Sunday Mornings

Covenant Café 8:30am (Coffee and grits)

Sunday School—8:45a.m.-9:45a.m.

Mike Folsom In Room 8

Pre-Service Prayer—9:45a.m.

Main Event Worship Service 10:00a.m.

Mondays at 7:00pm

Women's Bible Study with Pastor Alli
in Room 8

Wednesdays at 6:30pm

Folsom Home Group - Moultrie
(Dinner and Bible Study included)

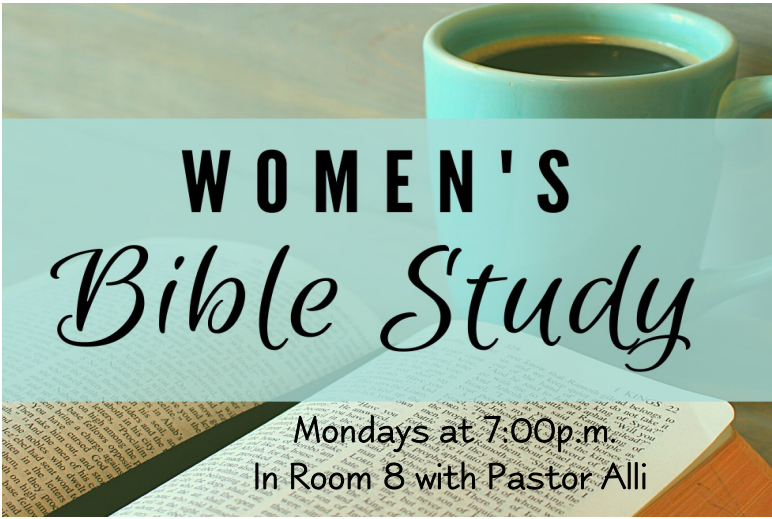
Youth Group with Pastor Alli

Children's Ministry

"Total Forgiveness" with Pastor Dave
In Room 8

Silver Saints Lunch

Tomorrow at Noon!
Bring a friend and a dish!



WOMEN'S
Bible Study

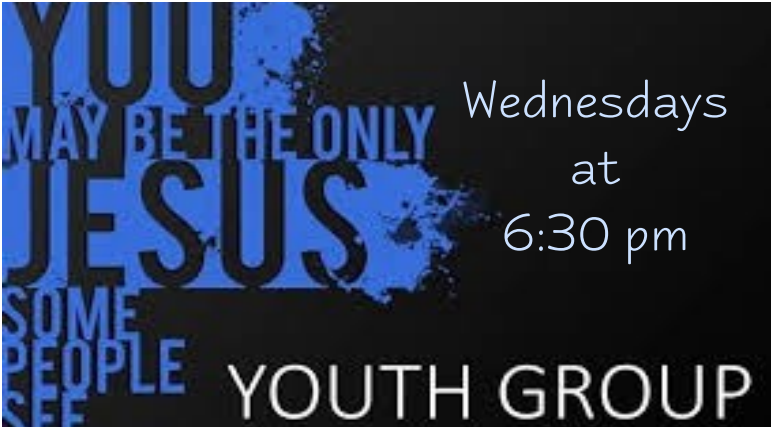
Mondays at 7:00p.m.
In Room 8 with Pastor Alli



Prayer Shield

Irene Cason	Betty Hill
Tscharner Sinuefield	Pat Poore
Daniel & Gwen	Willie Brooks
David & Elke	
Pastor Dave Allen Sr.	

7 Mountain front-line workers:
EMS, Police, Teachers,
Social Services, Medical,
Military, Pastors,
Government



YOU MAY BE THE ONLY JESUS SOME PEOPLE SEE

Wednesdays
at
6:30 pm

YOUTH GROUP



Fresh Start Recovery Workshop

March 12 & 13
Oasis Fellowship Hall

If you would like to be part of a new ministry called "Fresh Start Recovery", mark your calendar and save the date! Fresh Start Recovery is a Bible study group for people who struggle with addiction.



Folsom

Tonight At 6:30pm

HomeGroup

Online Giving

To make your financial contribution, download the Vanco Mobile Faith Engagement app. Simply follow the prompts.

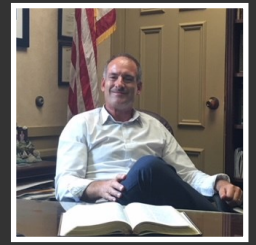
VANCO
FAITH



Odessa Murphy

From the Desk of Pastor Dave

The Power of Forgiveness



Mistakes from our past and hurts from other people can leave us in a place of bondage.

Forgiving others is an important step on our Spirit-led transformation journey. It's actually a command from God with a promise. The promise is that He forgives us. The command is for us to do the same for others. An outcome of forgiving others and being forgiven is that it frees us to enjoy God's peace.

Forgiveness means different things to different people. Generally, it involves a decision to let both the offense and the offender go. Once this happens, resentment and thoughts of revenge will fade away.

Forgiveness will lessen its grip on you and help free you from the control of the person who harmed you. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean forgetting or excusing the harm done to you or becoming best friends with the person who caused the harm. Forgiveness brings resolution and peace that enables us to live in a godly and healthy manner.

Studies have shown that Forgiveness can lead to:

- Healthier relationships
- Improved mental health
- Less anxiety, stress and hostility
 - Lower blood pressure
- Fewer symptoms of depression
- A stronger immune system
 - Improved heart health
 - Improved self-esteem

There are some key biblical principles we must keep in mind. 1) Forgiving someone does not mean you're condoning what they've done; it means you're getting free. 2) It does *not* make you a doormat. There are times when you will need to take steps that hold them accountable for their actions. We're talking about healthy boundaries. In other words, forgiveness doesn't mean you have to trust them ever again. In fact, with some people, it would be foolish to open yourself up to be hurt by them. It's a very smart thing to use the experience as a learning one. Having healthy social boundaries in place helps to ensure that emotional safe guards are there to prevent future abuses. In the case of trauma, it can be very difficult to forgive the abuser. None the less, it is possible.

3) Forgiveness takes time and rarely happens overnight.

In fact, it may take up to six years for a victim to completely forgive and let go of their abuser.

4) Forgiveness isn't earned, but trust *is* earned. Apostle Paul tells us in Romans 12:18, "*If it is possible, as much as depends on you, live peaceably with all men.*" Once you've done all you can to restore the relationship, if the other person isn't willing or continues to act inappropriately, it may be best to separate yourself from them. In this case, it's not about not forgiving rather, it's about healing and moving forward.

Why Should We Forgive Others?

- Because God forgave us.
- Because God asks us to forgive others.
- To demonstrate God's forgiveness to the world.
- Because God is the only one who can judge.
- It releases us from that person's control over us.
- It is the only way for us to be at peace.

Jesus tells us in Luke 6:37 to "*forgive, and you shall be forgiven.*" It's the reason Paul reiterates that in Colossians 3:13 (NLT), "*Forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.*" God wants us to demonstrate His principles of love and forgiveness in our personal lives and interactions with others. We want justice and retribution, but He asks that we show mercy and leave everything else up to Him.

Matthew 6:14-15 tells us, "*For if you forgive men for their sins, your heavenly Father will also forgive you. But if you do not forgive men for their sins, neither will your Father forgive your sins.*" By forgiving the offender, we're saying that our rights are less important than freedom from bitterness and resentment. We're saying our job is not to forgive actual sin, but the offense *against us*. The offense that has trespassed *our* rights. In most cases, forgiveness is not something we can even begin to do in our own strength. We need the prompting and strength of Holy Spirit. He will enable us to surrender our rights (Gal. 2:20). We also need the power of Holy Spirit to humble ourselves to forgive (John 14:15-17). Finally, we need Holy Spirit's comfort to know that God is a just judge (Gen. 18:25) and we can trust that He will make all things right in the end. Let's make it our spiritual goal to totally forgive as Jesus did.